



## **Durango Youth Soccer Association U10 Player Standards**

### **Characteristics of the U10 Player**

- Gross and motor skills becoming more refined
- Boys and girls begin to develop at different rates
- Boys constantly moving and poking; girls pace themselves
- Will listen to instructions
- Can anticipate the ball – abstract thinking
- Movement is forward, backward, sideways
- Ability to stay on task is lengthened
- Greater diversity in playing ability, physical maturity (more, mature have stronger motor skills)
- Still more prone to heat injury than adults
- Accelerated heat loss increases their risk of hypothermia
- Attention span lengthened, ability to sequence thoughts and actions
- Pace factor starts to develop (starting to think ahead)
- More inclined towards wanting to play than being told to play
- Demonstrate increased self-responsibility (bring water and ball, tuck in jersey, pull up socks)
- Starting to recognize fundamental tactical concepts such as changing direction of ball but not sure why
- Repetition of technique very important but must be dynamic not static
- May initiate play on their own
- Continued positive reinforcement needed
- Explanations must still be brief, concise, and indicate purpose
- Becoming more serious about “their play”
- Peer pressure starting to be a factor
- Prefer identification with team (uniform, balls, equipment)

### **Focus of U10 Year**

- 1) FUN & Competition
- 2) Build general comfort with the ball (basic touches such as foundations, toe taps, rollies, pulls, start/stop)
- 3) Build **equal comfort in both left and right side** for dribbling, turns (pull backs, chop, cut, drag behind), introductory moves (rummenigge, scissors, inside/outside rolls, stepover), control (foot, thigh, chest, head), and passing (inside, outside, chips, crosses)

- 4) Focus on 1v1, 2v1, 2v2 situations—everyone shares role of defending and attacking
- 5) Creativity within the game—“find the game”
- 6) Increase of partner skills (passing, receiving, shooting).
- 7) Begin small group concepts including attacking and defending.
- 8) Process and performance versus outcome of competition.

## **U10 STANDARDS**

### **(ALL U9 STANDARDS INCLUDED)**

#### **TECHNICAL:**

-Players should be demonstrating accuracy in all individual soccer techniques

#### **Dribbling/Footwork—**

- Player should have the ability to use all parts of the foot (inside, outside, sole)
- Player should be able to change speed and direction (creativity)
- Player should be able to stop with the ball under control-either foot
- Player should be able to perform 4 basic turns (inside/outside cut, drag back, stop turn)
- Player should be able to perform figure 8's under control using both feet
- Player should be able to dribble out of trouble
- Player should be able to use basic moves to dribble past an opponent
- Player should be able to incorporate shielding to protect the ball
- Player should be able to use basic sole moves during play (drag, across, behind, v's, rolls),

#### **Running with the Ball—**

Player should be able to push the ball away from the body under control with head up and accelerate OR decelerate-either foot

#### **Passing—**

- Player should have ankle locked when contacting ball, look up when passing, and have plantar foot pointing in the direction of target.
- Players should be proficient in push pass
- Player should be able to pass with the inside and outside of both feet
- Player should have increased ability of weak foot push pass and laces/distance passing

#### **Control/Receiving—**

- Player should have a “soft” first touch
- Players should have body in line of ball, control the ball away from pressure, and be able to use different body surfaces to receive and control ball.
- Players should know introductory ways on how to receive to self, receive to new space, receive to turn, and perform spin turns.

-Introductory knowledge and skill to receiving with disguise (out of back, letting ball roll)

### **Shooting—**

- Players should be able to shoot with both feet
- Players should be able to properly shoot with both the inside of the foot and laces
- Player should follow through with their kicking motion (Introduction to “Hop, Load, Lock, See BOB (Body Over Ball), Swing, Step”)

### **Heading—**

-Players should have proper attacking contact (player contacts ball, NOT ball contacting player—“breaking through glass”), eyes open, hairline contact

### **Goal Keeping—**

- Players should demonstrate proper hands and body positioning
- Players should be able to initiate basic ball distribution (throwing, rolling, punting)
- Players should be able to have basic diving skills from the ready position
- Players should be able to collect the ball from the attacking players feet

### **Set Piece Organization—**

-Players should be able to throw the ball in with proper technique

### **TACTICAL:**

- Players should be able to make simple 1v1 decisions and think for themselves. -
- Players should have basic skills in 1v1 situations (D-closing in, breaking down, proper body position. O-good first touch, control, creating space by speed and/or moves and turns)
- Players should be efficient in 1v1 scenarios
- Players should be creating space regularly

### **Defending—**

- Players should be able to have the proper defensive stance
- Player should be able to pressure close enough to touch ball, battle for ball, stay in play, no fouls
- Players should be able to use the 3 P'S (pressure, position, patience) while defending, be able to close down a player then break them down.
- Players should have basic skill and understanding of chase, transition, cover, and intercept.

### **Attacking—**

- Application of basic attacking principles:
- Players should demonstrate mobility on the attack with support/balance.
- Players should begin using attacking runs while implementing various speeds based on pressure.

- Players should be able to track play and intended movement of ball.
- Players should demonstrate an “open body” facing the field.
- Players should be able to maintain team shape and roles on restarts,
- Players should be able to use wall passes (“give and go” or 1-2) to develop attack

#### **Set Pieces—**

- Players should understand and apply rules of kick offs, goal kicks, and corner kicks.

#### **Goalkeeping—**

- Players should call for the ball when receiving
- Players should begin communicating with teammates during the game

#### **PHYSICAL:**

- Players should show continued growth of balance and agility, acceleration and sprinting, reaction, back pedaling, turning, jumping, lateral movement.
- Players should be able to demonstrate coordinated movements at speed

#### **MENTAL:**

- Players should have the enjoyment of playing soccer/FUN.
- Players should be able to respect coaches and teammates.
- Players should be able to positively interact with teammates during training sessions and matches and feel confident within the team unit
- Players should feel confident and comfortable with the ball while having a positive self-esteem



**“CORE 16” AVERAGE 25<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>39</b>	<b>40</b>
<b>QUICK TOUCH</b>	<b>40</b>	<b>40</b>
<b>JUGGLING-strong foot</b>	<b>2</b>	<b>1</b>
<b>JUGGLING-weak foot</b>	<b>2</b>	<b>1</b>
<b>JUGGLING-head</b>	<b>3</b>	<b>2</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>8</b>	<b>8</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>8</b>	<b>8</b>
<b>SHARP TURNS</b>	<b>9</b>	<b>9</b>
<b>ATTACK DRIBBLING</b>	<b>6</b>	<b>6</b>
<b>CONTROL PASSING-strong foot</b>	<b>5</b>	<b>6</b>
<b>CONTROL PASSING-weak foot</b>	<b>4</b>	<b>5</b>
<b>PERFECT PASSING-strong foot</b>	<b>5</b>	<b>6</b>
<b>PERFECT PASSING-weak foot</b>	<b>4</b>	<b>5</b>
<b>TOTAL CONTROL</b>	<b>2</b>	<b>3</b>
<b>POWER SPRINT</b>	<b>25</b>	<b>21</b>
<b>PURE STRIKE</b>	<b>3</b>	<b>2</b>



**“CORE 16” AVERAGE 50<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>47</b>	<b>47</b>
<b>QUICK TOUCH</b>	<b>50</b>	<b>50</b>
<b>JUGGLING-strong foot</b>	<b>6</b>	<b>4</b>
<b>JUGGLING-weak foot</b>	<b>4</b>	<b>3</b>
<b>JUGGLING-head</b>	<b>4</b>	<b>3</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>10</b>	<b>9</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>9</b>	<b>9</b>
<b>SHARP TURNS</b>	<b>12</b>	<b>12</b>
<b>ATTACK DRIBBLING</b>	<b>8</b>	<b>8</b>
<b>CONTROL PASSING-strong foot</b>	<b>7</b>	<b>8</b>
<b>CONTROL PASSING-weak foot</b>	<b>6</b>	<b>7</b>
<b>PERFECT PASSING-strong foot</b>	<b>8</b>	<b>9</b>
<b>PERFECT PASSING-weak foot</b>	<b>7</b>	<b>8</b>
<b>TOTAL CONTROL</b>	<b>4</b>	<b>4</b>
<b>POWER SPRINT</b>	<b>27</b>	<b>24</b>
<b>PURE STRIKE</b>	<b>4</b>	<b>3</b>



**“CORE 16” AVERAGE 75<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>55</b>	<b>55</b>
<b>QUICK TOUCH</b>	<b>60</b>	<b>60</b>
<b>JUGGLING-strong foot</b>	<b>10</b>	<b>6</b>
<b>JUGGLING-weak foot</b>	<b>6</b>	<b>5</b>
<b>JUGGLING-head</b>	<b>6</b>	<b>4</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>12</b>	<b>11</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>11</b>	<b>11</b>
<b>SHARP TURNS</b>	<b>14</b>	<b>14</b>
<b>ATTACK DRIBBLING</b>	<b>10</b>	<b>9</b>
<b>CONTROL PASSING-strong foot</b>	<b>9</b>	<b>10</b>
<b>CONTROL PASSING-weak foot</b>	<b>8</b>	<b>9</b>
<b>PERFECT PASSING-strong foot</b>	<b>11</b>	<b>11</b>
<b>PERFECT PASSING-weak foot</b>	<b>10</b>	<b>11</b>
<b>TOTAL CONTROL</b>	<b>5</b>	<b>6</b>
<b>POWER SPRINT</b>	<b>29</b>	<b>27</b>
<b>PURE STRIKE</b>	<b>5</b>	<b>4</b>



**“CORE 16” AVERAGE 95<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>66</b>	<b>66</b>
<b>QUICK TOUCH</b>	<b>74</b>	<b>74</b>
<b>JUGGLING-strong foot</b>	<b>15</b>	<b>11</b>
<b>JUGGLING-weak foot</b>	<b>9</b>	<b>7</b>
<b>JUGGLING-head</b>	<b>8</b>	<b>7</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>15</b>	<b>14</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>14</b>	<b>13</b>
<b>SHARP TURNS</b>	<b>18</b>	<b>17</b>
<b>ATTACK DRIBBLING</b>	<b>12</b>	<b>12</b>
<b>CONTROL PASSING-strong foot</b>	<b>12</b>	<b>14</b>
<b>CONTROL PASSING-weak foot</b>	<b>11</b>	<b>12</b>
<b>PERFECT PASSING-strong foot</b>	<b>15</b>	<b>15</b>
<b>PERFECT PASSING-weak foot</b>	<b>14</b>	<b>16</b>
<b>TOTAL CONTROL</b>	<b>8</b>	<b>8</b>
<b>POWER SPRINT</b>	<b>32</b>	<b>31</b>
<b>PURE STRIKE</b>	<b>6</b>	<b>5</b>

